

MAY 2021

Healthy Living

May is Allergy Awareness Month

Allergy Fast Facts

More than **50 million** Americans are affected by allergies each year, and that number is growing. Allergies vary in severity, and may be seasonal or life-long.

The most common allergy triggers include:

- Pollen from trees, grasses and weeds
- Mold spores
- Dust mites
- Pet dander
- Food
- Insect stings or bites

Many allergy symptoms are simply uncomfortable - runny nose, watery eyes, rashes - however, they can also cause more serious complications. **If you experience a more severe reaction, go to the emergency room immediately.**

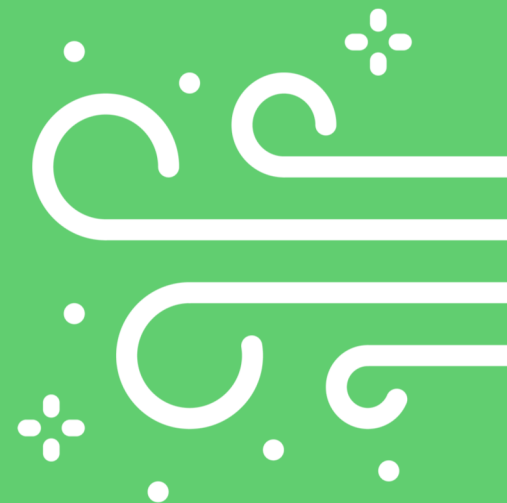
The best way to prevent an allergic reaction is avoidance. This includes removing the source of allergens from your home and having an allergy action plan for places you visit.

Ways to Remove Allergens

Ways to remove allergens include:

- Spring cleaning for the must that has collected over winter months
- Keeping windows closed
- Using air conditioning to help keep pollen out

You can also talk with your doctor about prescription and over-the-counter medicines designed to help relieve symptoms.





FEATURED RECIPE

Allergy-Friendly 30-Minute Skillet Jambalaya



Ingredients

- ¼ cup extra-virgin olive oil
- 1 red onion, diced
- 2 stalks celery, cut into half moons
- 2 medium carrots, cut into half moons
- 1/2 of a red, yellow and orange bell pepper
- 4 cloves garlic
- 1 teaspoon paprika
- A pinch of cayenne (or more if you like the heat!)
- 2 teaspoons dried oregano
- 1 teaspoon dried parsley
- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- 15-ounce can diced, fire-roasted tomatoes
- 1 and ¼ cups white rice
- 2 and ½ cups chicken broth (or 2 and 1/2 cups water + bouillon)
- 2 chicken cajun sausages, diced (optional)
- 15-ounce can black-eyed peas
- Hot sauce
- Chopped fresh parsley for garnish (optional)
- Mushrooms (optional)

A one-skillet meal that has everything you need: meat, beans, rice and plenty of spice! A homemade spice blend (so no worrying if there's wheat as a thickener or binder!) gives just the right amount of cajun pop to this southern dish. Serve with or without the sausage for a filling meal that's on the table in less than 30 minutes. This Allergy-friendly 30-Minute Skillet Jambalaya is free of: gluten, dairy, egg, soy, peanut and tree nuts. It also has a vegan option!

Directions

1. In a large skillet, heat the olive oil to medium and add the onions and carrots. Stir until they're soft. Next, add the garlic and stir until the garlic is fragrant, about 1 minute.
2. Add the spices, the whole can of diced tomatoes, rice, sausage and broth. Bring to a boil, place a lid on it and turn it down until it's a low simmer.
3. Simmer for 20 minutes, or until the rice is tender.
4. Stir in your drained black eyed peas to warm them, taste and adjust salt and pepper to your liking.
5. Garnish with fresh parsley if so desired and serve.

Leftovers keep well for up to 2 days in an air-tight container. **Recipe yields 4-5 servings.**